



**HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-7600**

ARMY BULLETIN NO. 6

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SEMI-ANNUAL AGR ARMY PHYSICAL FITNESS TEST AND WEIGH IN

1. References:

- a. AR 350-41, Training in Units, Chapter 9
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training

2. The AGR APFT will be conducted on Monday, 15 Apr 02. The test will be administered at the APFT field location on 18th Street and Doughboy Loop, Fort Dix, NJ. Major Commands have been assigned specific times for the APFT. The goal for this APFT is to have total accountability for every AGR soldier. All AGR soldiers will attend the event, unless they are excused by The Chief of Staff.

3. APFT Schedule and Personnel Requirements: See Enclosure 1.

4. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform (PFU) is authorized, however, any soldier wearing the new PFU is reminded that the new uniform cannot be mixed with the old PFU).

(2) Optional items for wear are the black wool cap, black issued gloves and headband. Gray or black biking shorts may be worn under the gray or new black PFU shorts.

- b. Headphones are not authorized during the conduct of the test.

5. Report location is building 6894 (APFT Track) in PFU uniform, to include soldiers on profile.

6. Administrative Requirements for each MSC to bring to the quarterly CofS meeting on 19 Mar 02:

- a. Roster of all AGR personnel (See format in enclosure 2).
- b. DA Form 705 and profiles will accompany rosters. Profiles must be inserted or stapled to the soldier's DA Form 705.

7. Taskings for events and equipment support.

a. G3 schedules, procures, and clears APFT site and buildings 6894 and 6897 for the event. Provide 15 clipboards, 3 stop watches, 4 road vests, and 130 APFT vests for event. Schedule APFT site and buildings 6894 and 6897 for 29 Apr 02 if event is postponed due to inclement weather. Schedule four stationary bicycles with ergometers at Griffith Field House on 15 and 29 Apr 02. Procure two one-speed or multispeed bicycles for event.

b. G4 provides water with cups in building 6894 and at APFT track. Provide 20 bag lunches at building 6894 at 1330, and 20 bag lunches at building 3650 at 1200 for TDG personnel. Provide four scales and tape measurers for height/weight verification in drill hall, building 3650.

c. G6 disseminates this correspondence electronically and in distribution as Army Bulletin to each NJARNG unit. Provide six hand-held radios for event.

d. Det 5, HQ STARC provides four medical personnel to support APFT and screen profiles (if necessary). Provide two soldiers on 21 and 22 Mar at building 3650 to screen AGR profiles.

e. 50th Brigade provides 20 TDG soldiers with OIC/NCOIC for weigh-in, height verification, and tape test. Provide computer hardware and software necessary to print tape test results, and set-up drill floor for the event.

f. 42d DISCOM provides 20 TDG soldiers with OIC/NCOIC for APFT administration.

g. 57th Troop Command provides 5 TDG soldiers for APFT administration.

8. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:

GLENN. K. RIETH
COL, AV, NJARNG
Acting Adjutant General



FRANK. R. CARLINI
COL, IN, NJARNG
Chief of Staff

2 Encls

1. Schedule and Personnel Requirements
2. Roster Format for AGR Soldiers

APFT SCHEDULE

<u>MAJOR COMMAND/UNITS</u>	<u>REPORT TIME</u>
All Det 4, HQ STARC Units	0730
All 57 th Troop Command Units	0730
All 50 th Brigade Units	1100
T3BL/RTS-M	1100
All 42d DISCOM Units	1430
All STARC Elements	1430
254 th REG, Det 19 OSA	1430
63d AB, Det 5 STARC	1430

PERSONNEL SUPPORT REQUIREMENTS

<u>MAJOR COMMAND/UNITS</u>	<u>DATE/TIME</u>	<u>PERSONNEL</u>	<u>LOCATION</u>
42d DISCOM	15 Apr 02/0700	20	APFT Track
50 th Brigade	15 Apr 02/0700	20	Bldg 3650
57 th Troop Command	15 Apr 02/0700	5	APFT Track
Det 5, HQ STARC	15 Apr 02/0700	4	APFT Track
Det 5, HQ STARC	21-22 Mar 02/0730	2	Bldg 3650

- TDG/Technician soldiers are required for APFT support. Soldiers must have a current APFT, and meet height/weight standards of AR 600-9 to perform the duty. Funding is available for TDG and technician support personnel. Uniform is BDU for testers and support personnel.

AGR APFT ROSTER

<u>RANK</u>	<u>NAME</u>	<u>UNIT</u>	<u>APFT Events</u>			<u>Alternate Aerobic Event</u>
			<u>PU</u>	<u>SU</u>	<u>2 Mile</u>	
SGT	DOE, JOHN	CO C 2/113	X	X	X	
CPT	DOE, JOHN	CO C 250 SIG	X	X		Bike (Stationary or Track)

X – Indicates soldier takes the APFT event
Blank entry indicates soldier has valid military profile